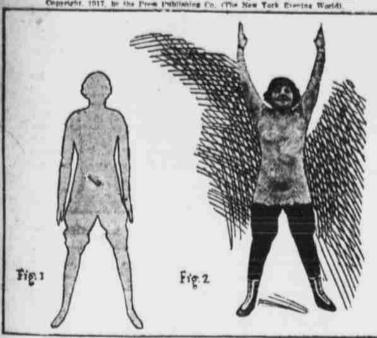
For Physical Preparedness U. S. Army Exercises

Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help Al Men and Women Prepare for Any Call to Service.



THIRD SET-Free Hand Exercise No. 2.

RM swinging, which stretches the muscles around the abdomen, back and sides of the waist, is shown to-day. Stand with the feet about twenty-four inches apart, arms at sides. Bring the arms forward with a large sweep and up over the head, as shown in the large picture. Continue to swing the arms upward and downward in a large circle, ten times at each practice. In answer to many letters from small groups of persons who are doing these "setting-up" exercises, it is timely to say that not more than a half hour should be allowed at any one time for each set. It is better to do the exercises every night for about thirty minutes than once each week for a longer time, and those who cannot get together so often can do them alone and thereby be in better practice when the clubs meet again. Straining muscles and overdoing exercises will do more harm than good.

Answers to Health and Beauty Questions.

FEE.—MRS. H. G.: It is absolutely instead of a food. necessary to leave sugar and cream out of coffee if you are fifty pounds too heavy and trying to reduce too heavy and trying to reduce if this is a goltre. Yes, too many neck bending and twisting exercises thate. Coffee without sugar is much better and easy to digest. In fact it really helps to digest food, and after you have become accustomed to the

really helps to digest food, and after you have become accustomed to the taste of coffee without cream you will like it much better.

EXERCISES FOR THOSE WITH HEART DISEASE—H. M.: Only mild stretching, deep breathing and relaxing exercises can be taken with safety.

GRACE AND POISE EXERCISE—M. K.: Most all exercises will help lend grace and poise to the body and keep you supple. All balancing exercises, such as leg swinging, foot raising in paim of hand, squatting and heel and toe raising will give poise.

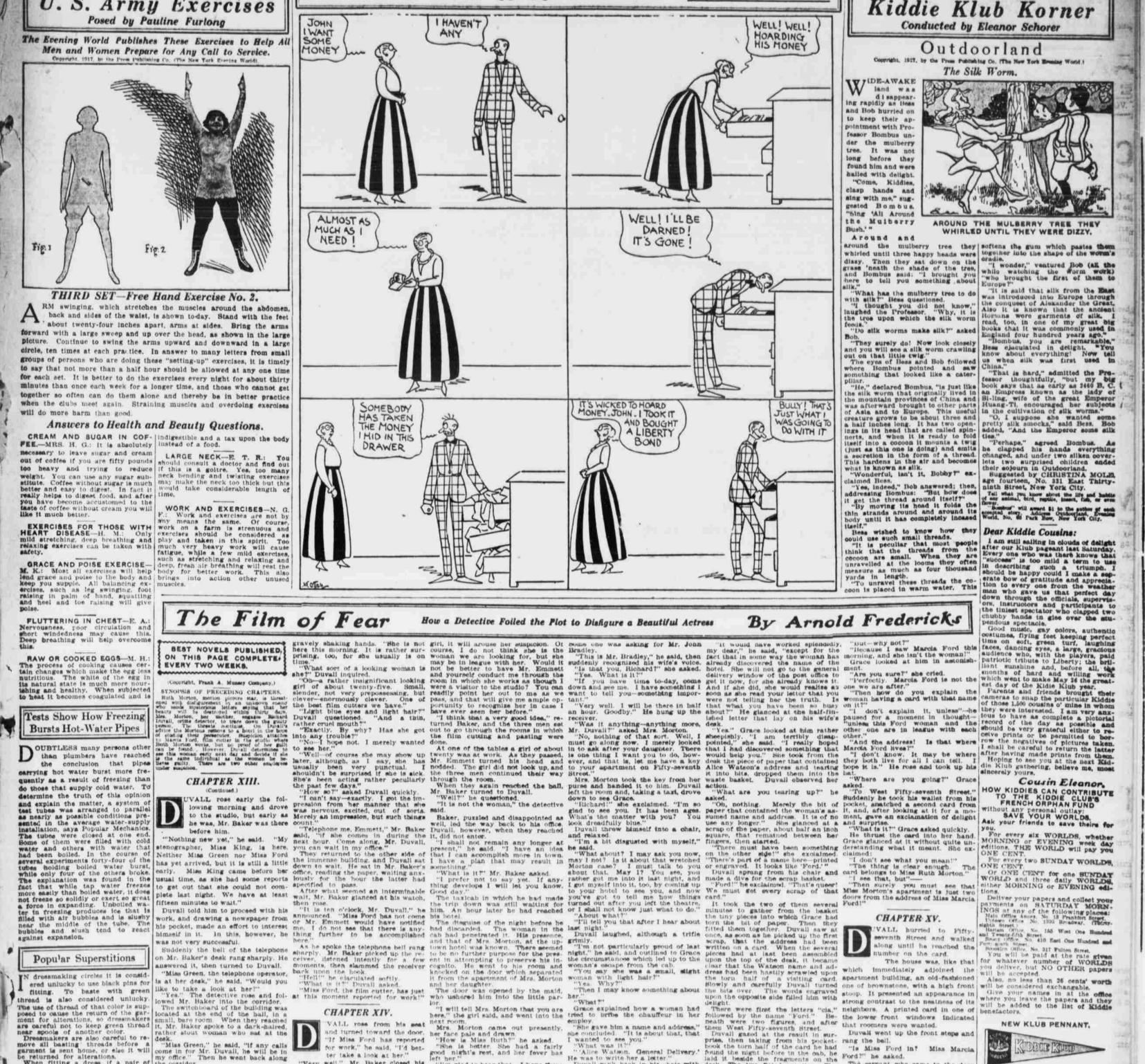
If a piece of material is sewed by hands with Mr. Duvall. He is looking that she could the marriage in the near future of either the person who is to have the she come in yet?"

"No," replied the bald headed man, to it a large of the large of the one sewing.

She Beat Him to It of Res You Land Week.

Evening World Daily Magazine

By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Outdoorland

The Silk Worm

disappearand Bob hurried on to keep their appointment with Professor Bombus under the mulberry tree. It was not long before they found him and were halled with delight. "Come, Kiddies, clasp hands and sing with me," suggested Bombus.

Bush."

"bing 'All Around the Mulberry

AROUND THE MULBERRY TREE THEY WHIRLED UNTIL THEY WERE DIZZY.

Around and around the mulberry tree they softens the gum which pastes them whiried until three happy heads were diszy. Then they sat down on the grass 'neath the shade of the tree, and Bombus said. "I brought you here to tell you something about sails." "who brought the first of them to Europe?"

"What has the mulberry tree to do with silk?" Bess questioned.
"I thought you did not know." Inushed the Frofessor. "Wby, it is the tree upon which the silk worm feeds."
"Do silk worms make silk?" asked Bob.
"They surely do! Now look closely and you will see a silk worm crawling out on that little twig."
The eyes of Bess and Bob followed where Bombus pointed and saw something that looked like a caterplilar.
"He" declared Bonbus "That is hard," admitted the Prefessor thoughtfully, "but my big

The eyes of Bess and Bob followed where Bombus pointed and saw something that looked like a caterpiliar.

"He," declared Bombus, "is just like the silk worm that originally lived in the mountain provinces of China and was afterward brought to other parts of Asia and to Europe. This useful creature grows to be about three and a half inches long. It has two openings in its head that are called spinnorts, and whon it is ready to fold itself into a coccoon it mounts a twis (just as this one is doing) and emits a secretion in the form of a thread. This hardens in the air and becomes what is known as silk.

"Younderful, isn't it, Bobby?" exclaimed Bess.

"Yes, indeed," Bob answered; then addressing Bombus: "But how does it get the thread around itself?"

"By moving its head it folds the thin strands around and around itself."

Buggested by CHRISTINA MOLD, age fourteen, No. 331 East Thirtynish from the proving its head it folds the thin strands around and around itself."

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Made of felt in Klub colors, blue and mold, size 26 inches by 8 to inches. Sold only to Klub merubers. Send 10 cents, stamps or coin, with posts name, address and certificate number.



LARGE NECK-E. T. R.:

from a pricked finger means to the superstitious that the bride will die hefore the end of the year.

Another belief among dressmakers is that a hair accidentally worked into a garment is a sign that more work is coming from the same customer.

They crossed to the other side of the said at once.

They crossed to the other side of the said at once.

They crossed to the other side of the said at once.

"Yes, sir. She came in about ten minutes ago, explaining her lateness by saying that she was ill when she got up this morning, and was not sure thanks." Mr. Emmett." Baker said, "shake gut up this morning, and was not sure thanks." The said with Mr. Duvall. He is looking that she could get here at all. Shall

"No," replied the baid headed man, to if a latter—"but if we send for this

The use of thread of that color is supposed to cause the return of the garmany posed to the careful to remany garmany posed to cause the return of the garmany posed to the careful to remany garmany posed to cause the return of the garmany posed to the careful to remany garmany posed to the careful to remany posed to the careful to remany garmany posed to return of the garmany posed to return the return of the garma

ADVENTURE & By Jack London Here Is the Best Story of the Master Story Teller Begin It on This Page June 4

address of the woman you want."
"It may be her address," her

shoulder, read the name and address, fore. The windows had all been "Miss Marcia Ford!" she exclamed, closed and fastened, and there were "Why, Richard, there is the name and no further mystorious messages lying address of the woman you want." about. Once more Duvail went to "It may be her address." her hus. Ruth Morton's room, and opening the band remarked gloomily, "but it cer- two windows, looked out. tainly isn't her name." (To Be Continued.)

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